

Anemia

What Is It?

- **Anemia**- blood condition, number and size of the red blood cells (RBC) is below normal
- **Red Blood Cells**- carry oxygen from the lungs to the tissues



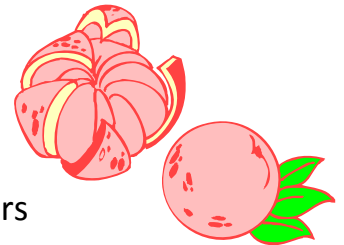
What are the symptoms?

- Lethargy, shortness of breath (SOB), weakness, poor concentration
- Dizziness, apathy, fainting spells, reoccurrence of colds, irritability, poor regulation of temperature, pale complexion
- **During Pregnancy**- anemia increases risk of spontaneous abortions, low birth weights and premature births
- Compromises intellectual development during first few months or years of life
- **Advanced Case-Patients**- crave chalk, ice or dirt (pica)
- Thin and flat fingernails, smooth waxy tongue, stomach disorders



Information:

- **At Risk**- those who exercise, elevated oxygen needs, those who consume fewer than 2,500 calories per day need a well balanced diet, has been pregnant within the last 2 years
- **Vitamin C rich foods**- increase the absorption
- **30%**- have folate deficiency, folate protects against neural tube defects in first trimester, needs increase by 400 ug, intake of 1+ mg/day can cure anemia, may mask B12 anemia, **AVOID: ALCOHOL**



What Can I Do?

- **See your Health Care Provider**- for more information
- **Eat Iron (Fe) Rich Foods**-see a Registered Dietitian
 - **Foods High In Iron/Fe**- liver, kidney, organ meats, lean meats, fish, clams, pork, beef, chicken, tofu, oysters, soybeans, potatoes, eggs, dried fruits, molasses, whole grain or enriched breads and cereals, dark green leafy vegetables, legumes (dried peas and beans), enriched flour and flour products

